

# July 2024 Group Exercise Schedule



Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM-6:30AM		Master Swim Nick Large Pool		Master Swim Nick Large Pool		Master Swim Nick Large Pool	
5:45AM-6:45AM		Sunrise Cycle Dolores		Sunrise Cycle Patty		Cycle Boot Camp Dolores	
7:00AM-8:30AM							Master Swim Nick Large Pool
8:00AM-8:30AM			Foam Rolling Ann		Foam Rolling Ann		
8:15AM-9:15AM							Cardio Sculpt Dolores
8:30AM-9:30AM	Slow Flow Yoga Liz & Elif	Strength & Grace Stacy	Pilates Mat Ann	Barre Sculpt Patty Live & ZOOM	Pilates Mat Ann	Barre Sculpt Patty Live & ZOOM	
9:30AM-10:30AM		Zumba Stacy		Zumba Kristy			Yoga 4 All Makiko
9:45AM-11:00AM			Strength & Stretch Patty Live & ZOOM		Strength & Stretch Patty Live & ZOOM		
9:45AM-11:15AM	Pilates Sculpt Plus Lisa					Pilates Sculpt Plus Lisa	
10:00AM-11:00AM		Water Fitness Patty Large Pool	Master Swim Nick Large Pool	Water Fitness Patty Large Pool	Master Swim Nick Large Pool	Water Fitness Patty Large Pool	Water Fitness Large Pool
12:15PM-1:15PM			Group Cycle Rachel		Group Cycle Rachel		
12:30PM-1:30PM	Group Cycle Rachel						
4:00PM-5:15PM			Gentle Yoga Ann		Gentle Yoga Heather		
5:30PM-6:30PM		HIIT Me UP! Shannon	Zumba Stacy	HIIT Me UP! Shannon	Zumba Stacy	Yoga Strength & Stretch Lance	
6:30PM-7:30PM			Group Cycle Stacy		Group Cycle Stacy		
6:45PM-7:45PM		Yoga Strength & Stretch Lance		Yoga 4 All Makiko			
Legend		<span style="color: red;">■</span> Strength	<span style="color: orange;">■</span> Cycling	<span style="color: green;">■</span> Zumba	<span style="color: cyan;">■</span> Aquatics	<span style="color: magenta;">■</span> Sculpt	<span style="color: purple;">■</span> Yoga

# GROUP EXERCISE CLASS DESCRIPTIONS

**Ab Blaster (30 min):** This 30-minute core class is designed to strengthen the muscles of the abs & back while improving posture through performing a variety of exercises. This class is a great addition to anyone's fitness routine.

**Barre Sculpt (60 min):** This is a workout technique inspired by elements of ballet, yoga, and Pilates. This class focuses on low-impact, high intensity movements designed to strengthen and tone your body & improve muscle endurance & balance while keeping your body strong & lean using light weights, loop bands, small core balls, or household items if attending over Zoom.

**Cardio Sculpt (60 min):** Combines cardio & strength training using body weight, body bar, dumbbells, & resistance bands.

**Cycle (60 min):** This class is a powerful cardiovascular workout that simulates a realistic cycling workout on the road. This class will significantly increase the strength of your lower body. You work at your own fitness level.

**Cycle Boot Camp (60 min):** Combining both strength & cardio, this is an efficient & well-rounded workout. Clip in for heart pumping intervals, & then grab sneakers & weights for a full body workout. Get ready to leave feeling sweaty, but faster & stronger.

**HIIT Me Up! (60 min):** HIIT is interval training in which you alternate short, very high intensity intervals with longer, slower recovery intervals. High-intensity interval training (HIIT) is a great way to bump up your cardio & strength workouts by adding intensity, variety, & a calorie-burning boost.

**Master Swim (60 min):** A coached workout designed to improve sprint speed & endurance capabilities.

**Strength & Grace (60 min):** This is a barre-less strength class using core balance, step, a weighted bar, & dumbbells, followed with a 10-minute stretch. It's a total body workout.

**Strength & Stretch (75 min):** This is a fun fitness class designed to build your strength with resistance exercises. The class incorporates traditional weight-room exercises and compound exercises using weighted bars and dumbbells to challenge you. Followed with a 15-minute stretch. For all fitness levels.

**Water Fitness (60 min):** Combines cardio movements in shallow & deep water to give a total body workout. This class uses hand buoys and hydro noodles. Water Fitness is for all fitness levels.

**Zumba (60 min):** Combines Latin rhythms with cardio exercise to create an aerobic routine that is fun & easy to follow.

## YOGA & PILATES CLASS DESCRIPTIONS

**Foam Rolling (30 min):** Uses a foam roller & rubber balls to warm-up & release tension in the body as well as improve flexibility from head to toe! All levels are welcome, so come start your day off right with effective deep foam rolling techniques!

**Gentle Yoga (75 min):** Taught in the styles of Yin, Restorative, Gentle, & Hatha & is conducted in a slower format. Expect an easy stretch & yogic conditioning class designed to move the body gently & soothe stiff muscles/joints with an awareness of stress reduction, healing, & meditation. Breath work & relaxation are vital in class. Great for all levels, especially new to yoga.

**Pilates Mat (60 min):** This is a unified exercise technique composed of several controlled, precise movements aimed at stretching & strengthening the "core" muscles, back, buttocks & abdomen. It also helps to improve your posture.

**Pilates Sculpt Express (60 min):** Enjoy a shorter Pilates fundamentals class including elements of Zone 2 cardio, sculpting & strengthening, yoga, & corrective exercise using a variety of weights, balls & the magic ring.

**Pilates Sculpt Plus (90 min):** Pilates fundamentals combined with cardio strength training & corrective exercises using the foam roller, a wider variety of hand weights, resistance bands, balls, & the magic ring.

**Slow Flow Yoga (60 min):** Designed to cultivate mindfulness, strength, & flexibility. A serene & fluid practice, harmonizing movement with breath as you explore alignment, balance, & inner strength. Each pose unfolds gracefully, with modifications offered. From soothing sun salutations to rooted standing & contemplative seated postures, you'll experience gentle yet empowering holds. As you conclude, feel the grounding embrace of relaxation, leaving you rejuvenated & centered.

**Yoga 4 All (60 min):** Offers movements with the breath as well as strength, balance, & flexibility exercises. We are not looking for complete poses or perfection. Class is for all levels of practice & abilities. Tone your body & boost your energy.

**Yoga Strength & Stretch (60 min):** Combines various workout exercises in a short & challenging yoga flow that you can use as a gauge of progression during the class. Exercises will support/mirror the yoga postures by adding dynamic movement, including but not limited to: bodyweight exercises, bands, isometrics & plyometrics.